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NEWS WORTH SHARING.

## Oh, honey honey

Local urban beekeepers hopes to educate Edmontonians on the joys of beekeeping PAGE 4

## But all my friends gets to have debt...

And other excuses for poor money management PAGE 18

## SWISH SWISH

BOSH TO SIGN $118M DEAL TO STAY WITH MIAMI HEAT PAGE 22

## HIS CUP RUNNETH OVER

**Germany's Per Mertesacker celebrates with the trophy after the World Cup final soccer match between Germany and Argentina at the Maracanã Stadium in Rio de Janeiro, Brazil, Sunday. Germany won the match 1-0. See page 21 for the story.**

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

# Province aims to boost vaccination numbers in Alberta

**Influenza.** Government looks to immunize 45 per cent of population

Albertans can expect to see a media blitz urging them to get immunized, as the province works to boost influenza vaccines doled out for the upcoming flu season.

According to the annual health report for 2013-2014, the province fell well below its 75 per cent target for influenza immunization in children between the ages six and 23 months, with only 34 per cent vaccinated last year.

While that number had consistently improved over the last five years — up from 16 per cent in 2009 — the Albertan government will be issuing a "visible" campaign to meet its target, said Chief Medical Officer James Talbot.

**Quoted**

**"We're encouraged that the numbers are going up and we're moving towards the target."**

**Chief Medical Officer James Talbot**
On vaccination statistics for the province

"We're encouraged that the numbers are going up and we're moving toward the target," said Talbot, noting 2013 was the second best immunization year ever with 27 per cent of the total population getting immunized.

"At that level, we would still get a significant number of deaths prevented and a significant number of hospitalizations prevented," he said.

As of April, there were 29 confirmed flu deaths in Alberta, with 3,322 reported cases according to Alberta Health Services. Seven of those deaths were in the Edmonton zone, while 15 were from the Calgary zone.

For the upcoming flu season, the government has purchased enough vaccines for 45 per cent of the province, a 20 per cent increase over past year. Double the number of pharmacies will offer the vaccination, too, said Talbot.

Young people will be the focus of a social media campaign to run some time in the near future.

The report also detailed immunization for seniors was also on the up, reaching 64 per cent 2013-2014 but far from 75 per cent target.

LEAH GERMAIN/METRO

# Liknes relative fears the worst

As the search for a missing boy and his grandparents reached the two-week mark Sunday, a close family member said he fears the worst as the investigation into their disappearance appears to have turned "really quiet."

Alvin Liknes, wife Kathryn Liknes and five-year-old grandson Nathan O'Brien were last seen in their home in Calgary's Parkhill neighbourhood June 29. Police have said a violent incident occurred inside the residence and it's believed the missing trio did not leave voluntarily.

Over the weekend, police performed a "final sweep" of the Parkhill property before releasing it Sunday morning.

No other clues about progress in their investigation were provided but searches were scheduled to continue at Calgary's Spyhill Landfill and an Airdrie acreage owned by the parents of investigators' lone person of interest, Douglas Garland.

"Lately, (the search has) been really quiet. I haven't heard a thing that's changed," said Randy Prevost, Kathryn's brother.

"It's eating away at you constantly. It's hard to break from it. The killer of the whole thing is not knowing anything past what we know today."

JEREMY NOLAIS/METRO IN CALGARY

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*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.

Graffiti

## EPS to expand online system for crime reporting

Edmontonians bothered by graffiti will soon be able to lodge their complaint online with local police, as the service plans on adding the issue to its web-based reporting platform.

After launching the online crime reporting system last April, police said they receive about 150 complaints for non-emergency crimes each week, including personal theft, damage to vehicles and lost property.

EPS Sgt. Tony Paxton said by incorporating graffiti complaints into the online system, the police service is hoping to serve Edmontonians better.

"This is minor stuff, but it's the very people who have their phone stolen and car broken into that pay for our service," he said.

Last year, EPS estimates there were 5,000 incidents of graffiti in the city, but only 1,400 incidents were reported to the city with 700 of those reported to police.

"We're always looking to make that system more efficient to the public," Paxton said.

Along with introducing graffiti reporting to the system, EPS is planning on launching two more phases to increase the amount of information the site can handle and implement partner reporting for fire and emergency services to submit witness statements online.

Currently, EPS works to review online complaints within an hour of them being submitted and respond to the report within 24 hours. LEAH GERMAIN/METRO

Roman Lumme reacts as Germany scores to take a 1-0 lead during the World Cup final on Sunday. RYAN TUMILTY/METRO

# German win thrills fans in Edmonton

**Big crowd.** Centennial Plaza packed for final World Cup game

RYAN TUMILTY
ryan.tumilty@metronews.ca

"Jubilant."

That was the one word Roman Lumme could muster on Sunday, after watching Germany win in the World Cup in Centennial Plaza, behind the Stanley Milner Librar.

Beyond the final score, Lumme said it was a great game to watch.

"It was a real nail-biter there," he said. "It ended the best way possible."

Argentina fan Emi Wekwert was saddened by the outcome, but agreed it was a good final contest.

"It was a close game," he said. "It was a good game and it was a good way to go out."

Lumme said he didn't expect to see such a turnout.

"I didn't think it was going to be nearly this busy. It kind of shows what the World Cup does. It brings everyone together," he said.

Fans were also packed inside the German Canadian Cultural Association, drinking Erdigner beer and munching on bratwurst as the two teams squared off.

At half time, Illen Starko and Sue Kalla chatted in the sunshine, taking a break from the high energy inside. After meeting when their children were young, the two women reconnected at the centre watching World Cup games.

"What I like about the World Cup is that it brings the world out. You see all the countries being excited," said Starko, whose own daughters play in a women's league in the city.

Starko said she was in South America, visiting Peru, when the World Cup kicked off.

**On the big screen**

**The city set up a giant screen in Centennial Plaza for the final and semifinal games of the tournament.**

"We were hiking and even in these tiny little villages in the Andes the TVs are playing; everyone's watching the World Cup."

Starko said even if Germany had lost, she's enjoyed cheering on the country.

"I'm just excited to come here and join some other Germany fans," she said.

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A Jasper Avenue intersection will be reviewed after a 19-year old was struck last week. METRO FILE

Serious injuries

## Jasper Avenue victim in coma after being struck

Family of a 19-year-old woman struck while crossing Jasper Avenue last week say she's still in a coma and her injuries are serious.

Lana Kisslinger was hit at the intersection of Jasper Avenue and 119 Street late Wednesday evening.

A family member told Metro Sunday that the Kisslingers would like to thank everyone for their thoughts and prayers for Lana, especially the medical professionals treating her.

Police were called to the intersection Wednesday, after witnesses reported the woman was crossing the marked crosswalk and was struck by an eastbound 2013 Nissan Altima.

Last Thursday, Mayor Don Iveson called for a safety review of the intersection following the accident.

"We're glad to hear of the efforts being made to increase the safety conditions for pedestrians in Edmonton," the family member added.

The 19-year-old is an employee at Earl's restaurant, as confirmed last week by a spokesperson from the restaurant chain.

No word on if charges will be laid in this incident. LEAH GERMAIN/METRO

On the web

For more local news, go to metronews.ca

# Wimbledon stars had big booster at ground level

**Grant Cantin.** Local man helps manage tennis stadium

RYAN TUMILTY
ryan.tumilty@metronews.ca

When Canadian stars took to the biggest stage in the tennis world earlier this month, it was another Canadian who had helped prepare that stage for their arrival.

Grant Cantin, who grew up in the Edmonton area, is also the deputy head groundsman at Wimbledon.

Cantin said having Eugenie Bouchard and Milos Raonic both playing in the tournament was really exciting for him, after having spent 13 years at the British club.

"I've got to be impartial when I am watching tennis. I can't stand up and cheer, but deep down I was definitely routing for them both courtside," he said.

Quoted

**"I have never seen people wear Canadian flags in the centre court before. That was very special."**

**Grant Cantin, deputy chief groundsman at Wimbledon,** describing the atmosphere at this year's championship

Cantin said the atmosphere at this year's championships was exceptional and made him more than a little patriotic.

"I have never seen people wear Canadian flags in the centre court before. That was very special," he said.

Cantin said his path to Wimbledon, which went through Olds College, began with a much different sport.

"I was really into golf and I was interested in how greens were kept on a golf course," he said.

From Olds, Cantin went to Australia and then Wimbledon. He said initially planned to stay briefly and use it as a home base to travel Europe, but he has been there for 13 years.

"I was only coming for one summer and I absolutely fell in love with the place on day one," he said.

Cantin said keeping up the grounds is a constant task and is very particular about the grounds at Wimbledon.

"There is so much work that goes into the courts. We are on the courts daily and there is a lot of blood, sweat and tears," he said.

He said that if even a small patch of disease is seen anywhere on a court, all the courts at the facility are sprayed. Wimbledon even goes so far as to completely turn over the courts every year.

"Our grass never sees its first birthday, because every year the grass is shaved off and seeded with new grass."

Grant Cantin, who grew up in Edmonton, stands on the courts at Wimbledon. Cantin is the club's deputy chief groundsman. CONTRIBUTED

# Urban beekeepers buzzing in on hobby

Chris Floden holds up a rack full of honeycomb and bees during a hive inspection on Sunday. RYAN TUMILTY/METRO

Within moments of Chris Floden opening up one of the Yeg Bees hives in Sherwood Park, dozens of insects have taken to the air and are buzzing around him and the rest of the crew looking to inspect it.

Floden has been inspecting the hive in Sherwood Park since May when the group set it up. He said he got interested in bees because he knows they face issues.

"We know that bees are in difficulty and we know there is an opportunity to help them," he said.

At a glance

- City council approved a pilot project that will allow Edmontonians to apply for an urban beehive last week.

Moments after Floden closes the hives, the bees return. He said he hopes people will see how safe and easy it is to a raise a hive, so more will do it.

"The ideal universe is we end up with bees that are native to this region," he said.

The two hives are on Pat Steffes' property in Sherwood Park, and Floden said he hopes not only to set up his own hives, but also educate people so newbies like Steffes can handle it on their own.

"Next year he is going to be inspecting his own hives," he said.

Steffes said he looks forward to taking over his hive next summer. He said he decided to set up the hive because he wanted to be more self-reliant.

"There are a lot of people that don't do things anymore. We get very reliant on everybody else around us," he said.

Steffes said having the two hives on his property hasn't been an inconvenience.

"It sits over there and you don't really know about it," he said. RYAN TUMILTY/METRO

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# No sign of ceasefire, six days into Israeli offensive

**Gaza Strip conflict.** Thousands flee homes amid bombings as Israel prepares possible ground invasion

An Israeli armoured personnel carrier drives along the Israel and Gaza border Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

Thousands of Palestinian residents of the northern Gaza Strip fled their homes on Sunday and sought safety in UN shelters, heeding warnings from the Israeli military about impending plans to bomb the area in the sixth day of an offensive against Hamas that has killed more than 160 people.

The fighting showed no signs of slowing, despite international calls for a ceasefire and growing concerns about the mounting civilian death toll in Gaza. U.S. Secretary of State John Kerry spoke to Israeli Prime Minister Benjamin Netanyahu and voiced "readiness" to help restore calm, while Egypt, a key mediator between Israel and Hamas, continued to work behind the scenes.

Amid the diplomacy, Israel said it was pushing forward with preparations for a possible ground invasion of Gaza. Thousands of troops have massed along the border in recent days.

"We don't know when the operation will end," Netanyahu told his cabinet on Sunday. "It might take a long time."

Israel launched the offensive last Tuesday in what it said was a response to heavy rocket fire out of Hamas-controlled Gaza. The military says it has launched more than 1,300 airstrikes, while Palestinian militants have launched more than 800 rockets at Israel. The Palestinian Health Ministry in Gaza says 166 people have been killed, including dozens of civilians. There have been no Israeli fatalities, though several people have been wounded, including a teenage boy who was seriously injured by rocket shrapnel Sunday.

Early Sunday, the Israeli air force dropped leaflets around the northern Gaza town of Beit Lahia ordering people to evacuate their homes. Israel says much of the rocket fire has come from the area, and overnight Sunday, the military carried out a brief ground operation on what it said was a rocket-launching site that could not be struck from the air. THE ASSOCIATED PRESS

**Harper weighs in**

**Terrorists are deliberately placing people in the path of an Israeli offensive aimed at stopping rocket attacks from Gaza, attests Prime Minister Stephen Harper.**

- Harper says there is evidence that Hamas is using human shields. THE CANADIAN PRESS

## Military targets. Most Palestinian casualties in recent days civilians: UN

The target was the Gaza police chief. He survived the Israeli airstrike on a cousin's home with critical injuries, but 18 family members were killed, including five children and teens.

The weekend attack highlighted Israel's broad definition of military targets in its current offensive against the Islamic militant group Hamas. The army says those targets include senior Hamas activists and their homes, even as it insists it is doing the utmost to spare bystanders by warning them to clear out.

However, the UN Office for Humanitarian Affairs said Sunday that civilians made up the majority of Palestinian casualties over the past six days — 133 of 168 killed and nearly half of more than 1,100 wounded. And a human-rights researcher said some of Israel's strikes appear to have violated rules of war.

The issue of Israel's targets cuts to the core of conflicting narratives.

Palestinians — and not just those loyal to Hamas — say Israel is punishing all of Gaza's 1.7 million people and is killing civilians with impunity. The situation in Gaza "has become unbearable," Western-backed Palestinian President Mahmoud Abbas, a longtime rival of Hamas, said Sunday.

Smoke rises following an Israeli strike on Gaza seen Sunday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Israel has portrayed its offensive against Hamas as self-defence, saying it is trying to halt the group's indiscriminate rocket attacks on Israeli communities. Gaza militants have fired more than 800 rockets over the past week, disrupting life in large parts of the country but so far causing no deaths, according to the Israeli military.

A senior army commander said Sunday that Israel is trying to cause maximum damage to Hamas, which seized Gaza in 2007 and seeks Israel's destruction. The military sometimes holds back because of concern for civilians, said the officer who briefed reporters on condition of anonymity, citing military regulations.

"I could kill a lot more Hamas commanders, but the way I'm operating now is consistent with my values and my conscience," he said. THE ASSOCIATED PRESS

**Civilian casualties**

**133**

Civilians make up 133 of the 168 Palestinians killed and nearly half of the more than 1,100 wounded.

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# Casualties mount over weekend as Ukraine continues onslaught

**Under siege.** Military uses airstrikes, artillery fire to battle pro-Russian insurgency in the east

A man looks out the window of his apartment, damaged by shelling, in Slovyansk, eastern Ukraine, on Sunday.
EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Russia's foreign ministry said Sunday that a Ukrainian shell hit a Russian border town, killing one person and seriously injuring two others. Ukraine denied firing a shell into Russian territory.

President Vladimir Putin expressed "grave concern" over the incident, Russian news agencies quoted his spokesman as saying. A statement from Russia's foreign ministry labelled the event a "provocation" and warned of the possibility of "irreversible consequences, the responsibility for which lies on the Ukrainian side."

Russia said the shell hit the courtyard of a residential building in the Russian town of Donetsk — near the Ukrainian city of the same name that has become a rebel stronghold — early on Sunday.

Ukraine's restless east has been mired in a pro-Russian separatist insurgency against the Kyiv government.

Ukrainian officials denied that any Ukrainian shells had fallen on Russian territory. Andriy Lysenko, a spokesman for Ukraine's National Security and Defence Council, placed blame for the attack on the rebels themselves.

Ukraine's Donetsk, where rebels have gathered to regroup after a major Ukrainian offensive last week, was quiet on Sunday. But some 150 people from the settlement of Maryinka, on the outskirts of the city, were moving into dormitories at a local university after their homes were bombarded during the night.

Artillery fire in Maryinka late on Friday left at least four people dead, but the number of casualties in the latest bombing was unclear.

Ukrainian defence officials said Sunday that the air force had performed 16 sorties and carried out five airstrikes on rebel positions over Saturday.

Interfax-Ukraine cited Lysenko on Sunday as saying that several dozen rebels had been killed and rocket launchers and armoured vehicles destroyed in the attacks. He also said that seven servicemen had been killed and 30 wounded in the past day.

THE ASSOCIATED PRESS

**Quoted**

**"We were bombed so terribly.... They blew up our houses."**

**Refugee Svetlana Panteleyeva,** one of 150 people forced to move into the dormitories of Donetsk University early Sunday morning after their homes in Maryinka were bombarded

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# Quebec giving Lac-Megantic an additional $60 million

**Compensation.** Government plans to allocate portion of aid for businesses affected by last year's disaster

This July 6, 2013, photo shows smoke rising from railway cars carrying crude oil after derailing in downtown Lac-Megantic, Quebec. THE ASSOCIATED PRESS FILE

Quebec is granting an additional $60 million to compensate victims of last year's catastrophic train derailment in Lac-Megantic, which left 47 people dead.

Municipal Affairs Minister Pierre Moreau told a news conference that $37 million of the amount would go to the owners of businesses in the disaster area.

A large swath of Lac-Megantic's downtown was destroyed when a runaway train loaded with volatile fuel oil jumped the tracks and exploded.

The government says it heard the complaints of those affected by the disaster in the town of 6,000 and wanted to bring some balance to the treatment of their cases.

Business owners had complained they weren't getting help fast enough.

Moreau says there will be meetings this week with 37 business owners and that the compensation is available now.

There will be incentives offered to owners who want to rebuild their businesses in Lac-Megantic.

Moreau says if they wish to leave the area, they will be compensated for their sites based on fair market value. To this day, much of the damaged downtown remains off-limits as decontamination work continues.

THE CANADIAN PRESS

## Costa Concordia to be towed from island

This 2012 photo shows the luxury cruise ship Costa Concordia leaning on its side after running aground on the tiny Tuscan island of Giglio, Italy. Franco Gabrielli, who heads the Civil Protection Department overseeing the wreck's removal, told reporters on Giglio Island Sunday that weather conditions are good enough to permit the start of operations to re-float and tow the Concordia to Genoa on the mainland for scrapping. He also promised that a search will be conducted for the only unrecovered body of the 32 Costa Concordia shipwreck victims. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

Colorado

## Lightning strikes kill two in separate incidents at park

For the second day in a row, lightning has been blamed in the death of a visitor to Colorado's Rocky Mountain National Park.

Park spokeswoman Kyle Patterson says officials were notified Saturday of four people being struck by lightning near Trail Ridge Road.

The four were rushed to hospital, but 52-year-old Gregory Cardwell of Scottsbluff, Neb., died of his injuries.

On Friday, park officials said lightning killed one woman, 42-year-old Rebecca R. Teilhet, and injured seven other people.

That also occurred near Trail Ridge, which is the highest continuously paved road in the United States.

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In this photo taken July 3, 2014, mothers from Honduras traveling with their children prepare to get into a U.S. Customs and Border Protection Services agent's truck after crossing the Rio Grande near McAllen, Texas. RODOLFO GONZALEZ/AUSTIN AMERICAN-STATESMAN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

# Hondurans smuggle own kids out to United States

**Honduras.** Stomach-turning death on news video illustrates why parents are so fearful

News headlines this week in Central America offer ample clues about what's prompting so many parents to entrust their children to human smugglers for an uncertain journey to the United States.

Those unaccompanied minors were the big political story in the U.S. this week. But back home in northern Honduras, where many of them are from, the big political story of the week involved a stomach-turning death.

It began with gangsters beating and torturing a young man with electric shocks.

For 24-year-old victim Luis Alfonso Cabrera, things then got worse. He was left to languish in hospital for two weeks without treatment. Eventually, he was eaten alive by maggots.

Honduran TV news outlets broadcast grotesque footage of Cabrera's final hours, as he appeared half-awake in his hospital bed while larvae slithered into a hole in his skin.

The national government responded by sending in the military to take over the hospital security operation, and hinting that powerful and malevolent criminal forces had infiltrated the administration.

It's all there — violent gangs; crumbling institutions; accusations of systemic corruption. The story of Mario Catarino hospital in San Pedro Sula sums up the factors driving people out of Honduras, and why that country is believed to be the largest source of the current influx of migrants into the U.S.

A politician who once lived in Canada says people shouldn't rush to judge the parents sending their children away. The journey and can cost people their life savings. But many feel it's still worth the risk, said Beatriz Valle.

THE CANADIAN PRESS

**High murder rates**

The country has the highest murder rate in the world, and it's surged these past few years. San Pedro Sula's is particularly high, at a war-zone-like 169 killings per 100,000 people — which, for comparison's sake, would be more than 100 times the rate in Canada.

# Man who shot cop laid in wait: Officials

A gunman who killed a rookie officer responding to a report of an armed robbery at a drugstore early Sunday never tried to rob the store and instead lay in wait for police, telling a witness to watch the news because he was "going to be famous," authorities said.

Lawrence Campbell shot Officer Melvin Santiago in the head shortly after he and his partner arrived at the 24-hour Walgreens at around 4 a.m., Jersey City Mayor Steven Fulop said. Other officers returned fire toward Campbell, killing him.

Campbell, 27, of Jersey City, was one of three suspects wanted by police for a prior homicide, Fulop said.

Fulop said Campbell was carrying a knife when he walked into Walgreens and asked for directions to the greeting card aisle. He assaulted an armed security guard at the store and snatched his gun, Fulop said, adding that Campbell waited for police to arrive, and shot Santiago with what police believe was the guard's weapon.

Santiago is the first Jersey City officer killed in the line of duty since Detective Marc DiNardo died in July 2009 during a raid on an apartment while searching for suspects in a robbery.

THE ASSOCIATED PRESS

Officer Melvin Santiago JERSEY CITY MAYOR'S OFFICE/THE ASSOCIATED PRESS

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# U.S. town rallies to rehire fired gay police chief

**Latta, S.C.** Mayor denies he axed Crystal Moore because of her 'questionable' lifestyle

When openly gay police chief Crystal Moore was fired by a mayor who condemned her lifestyle as "questionable," she feared her two-decade career in law enforcement in Latta, S.C., was over.

Then, the conservative small town rebelled.

The people of Latta, who eight years ago voted overwhelmingly for a state amendment banning gay marriage, turned against the mayor and stripped him of his powers. Then, the town council rehired Moore, saying her dedication to the town mattered more than her sexual orientation.

Latta Police Chief Crystal Moore. JEFFREY COLLINS/THE ASSOCIATED PRESS

Residents remembered Moore's civic spirit from as far back as 1989, when Hurricane Hugo tore through Latta. She was a high-school student working part time as a police dispatcher, and helped cut downed tree limbs to clean up the debris. This February, when an ice storm crippled the town and left it without power for days, Moore piled her officers in her SUV and checked on as many people as she could.

Mayor Earl Bullard vehemently denied that he fired Moore because she was gay. Instead, he said she was dismissed for "sheer insubordination" during the three months he was her boss.

Moore said she hadn't received a single reprimand during her career until Bullard presented her with seven the day she was fired in April. THE ASSOCIATED PRESS

## Activists hold pride parade in Kolkata

Lesbian, gay, bisexual and transgender (LGBT) activists hold a rainbow flag as they participate in the Rainbow Pride rally in Kolkata, India, Sunday. BIKAS DAS/THE ASSOCIATED PRESS

**Indiana**

### Bus-car collision leaves one dead

A Greyhound bus headed from St. Louis to New York City collided Sunday morning with a car on an eastern Indiana highway, killing one person and injuring at least 18 others. The bus was carrying 24 passengers and the driver. THE ASSOCIATED PRESS

**NASA**

### Cargo ship heads for space station

A commercial cargo ship rocketed toward the International Space Station on Sunday, carrying food, science samples and new odour-resistant gym clothes for the resident crew. It is Orbital Sciences Corp.'s third delivery for NASA. THE ASSOCIATED PRESS

**Missing motorcyclist**

### Search leads to Mexico beach town

U.S. and Mexican officials are to determine whether a body found near the beach town of Playa La Majahua is that of Harry Devert, 32, a New York man who was last seen riding his motorcycle to Brazil for the World Cup. THE ASSOCIATED PRESS

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## Smartphone to replace the bank teller?

A smartphone user checks a bank account with an online banking app from CIBC in this 2011 file photo. Smartphones are set to be the next big thing in consumer banking, holding the promise of everything from fewer trips to the local bank branch or ATM to the convenience of tap-and-go payments at retail outlets. But a number of hurdles still need to be overcome. Many expect there will be an even bigger jump in usage if the banks, merchants and telecom companies can figure out a better way for customers to make purchases with their smartphones by tapping a retail terminal at the counter. THE CANADIAN PRESS

# Can BlackBerry rise from the ashes?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the BlackBerry phoenix rising from the ashes — or perhaps is the recent show of share-price strength merely a puff of smoke from a dying fire? The five-year high of $12.01 on July 5 gave investors renewed hope that there may be life left in Canada's once-favourite tech stock.

Just to recap (while rubbing salt in the wounds of those who bought BlackBerry in the pre-recession years and still own it), the cellphone maker was trading at $148 in mid-2008. Five years later, it had slid to just over six bucks.

If you look at a short-term chart, it has been a jolly though volatile ride to a nearly 50 per cent increase in the past year. BlackBerry is also outperforming Google, Samsung and the Nasdaq itself in the first half of 2014. Bully for those who took the chance last summer.

But back to the smouldering ruins of this formerly great company. Is there any real reason to buy now or, for that matter, to hold? The latter is a particularly important question for investors who have made a nice gain in the last few months.

If there is hope for BlackBerry, it likely lies in one place: software.

Wait a minute! BlackBerry's claim to fame has always been hardware; it's the phone that U.S. President Barack Obama loves.

But all of BlackBerry's post-recession failures have been in hardware. From last year's delayed Z10 phone to the PlayBook tablet all the way back to the Bold phone — which the iPhone quickly stomped into oblivion — it has been hardware that keeps tripping up BlackBerry.

Though the new, very square (literally) BlackBerry Passport smartphone is launching in September, CEO John Chen is racing to dominate the Internet of Things with software that will seamlessly connect your entire life to the Internet. He has made a number of moves in that direction since taking over the helm last November.

Aside from anything else, if Chen is even marginally successful and manages to staunch BlackBerry's cash bleed, he will turn the company from a short seller's delight into a takeover target.

## Canada Revenue Agency. New hotline to snitch on offshore tax cheats is a hit

The Canada Revenue Agency has 80 new leads on taxpayers who may be hiding money offshore after getting hundreds of calls on its new snitch line.

The flush of information has even the agency's harshest critics acknowledging the initial success of the hotline, established Jan. 15 to help ferret out billions of dollars stashed overseas.

The so-called OTIP line — for Offshore Tax Informant Program — was promised in the March 2013 budget but took 10 months to set up.

As of May 31, more than 800 people rang the number, drawn by a cash reward system that gives the tipster up to 15 per cent of the amount in taxes that the agency eventually collects.

Only 251 of those calls were actual informants, and only 100 went to the next required step, filing a written submission identifying themselves and providing detailed information on the alleged overseas tax evasion.

The agency closed 20 of those written files as dead ends, but is pursuing the remainder.

Details of the program's first few months were obtained under the Access to Information Act, supplemented by information provided directly by the Canada Revenue Agency. THE CANADIAN PRESS

**Quoted**

**"I've been surprised, pleasantly surprised."**

**Jonathan Garbutt,** a Toronto tax lawyer who has been a vocal critic of the way the program was established

## Air pollution. 30 per cent of government cars set to rely on clean energy in China

At least 30 per cent of newly purchased government cars will be electric and other types of "new energy vehicles," China's official news agency reported Sunday, as the country attempts to tackle air pollution and encourage the electric car market.

A joint plan from five government ministries and departments calls for about a third of cars bought for state use from 2014 to 2016 to rely on clean energy, and the percentage will be raised yearly after that, the Xinhua News Agency said.

New energy vehicles include electric cars, plug-in hybrids, fuel-cell and solar-powered cars.

China is the world's biggest auto market by number of vehicles sold.

THE ASSOCIATED PRESS

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# COUNCIL NEEDS TO SEE THE LIGHTS

URBAN COMPASS

**Terence Harding**
edmonton@metronews.ca

The young woman who is in critical condition after being hit at a marked crosswalk near Jasper Avenue and 119 Street is a clear and sad example of a number of things that are wrong with the way this city is being run.

The city has acknowledged that the fewest pedestrian accidents occur at crosswalks with amber lights. So why aren't there amber lights at all crosswalks?

It appears that the city doesn't think the lives of pedestrians are worth the money it would cost to install these lights at every crosswalk.

The city often cites research that says 55 per cent of pedestrians who are hit by a vehicle with a speed of 50 km/h will die — but that isn't enough for the policy-makers to err on the side of caution. No, every decision on whether or not to light a crosswalk must be studied before one is installed.

There's a process for such things, don't you know. The wants of the residents of the community is only one factor and their desires fall far down on the list of things that must be considered.

Based on empirical evidence, it would appear the city thinks it's a much better use of taxpayers' money to chase after the Commonwealth Games than to help ensure our safety. I wonder how may crosswalks could be lit for $7 million.

I wonder if the family and friends of the four pedestrians who have been killed so far this year would agree that money which could be spent to increase our safety is better spent elsewhere.

Perhaps they think the $1 million dedicated to Make Something Edmonton is a better use of our money. Or maybe they think the cool kids who are currently directing the priorities of the city are on the right track and forking out cash for Edmonton Stories makes more sense.

**Community desires**

**The wants of the residents of the community is only one factor and the importance of their desires is way down on the list of what must be considered.**

This isn't the first time that the issue has come up because of a collision or fatality.

As soon as one happens, the mayor and council are all terribly concerned about pedestrian safety. Just what were they thinking about before the crash occurred?

Do any of them really care about you and me and what we want and need? Well if you belong to one of the elites that have the ear of council and the administration, maybe they do.

But if you are just one of the common folks, well, not so much.

# WE ACT: CANADA DOES GOOD

## 'Lots of littles make a big' for volunteer

**Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:**

**Who:** Michelle Gabrielle, dedicated volunteer

**Where:** Halifax, N.S.

**What:** Every month, Gabrielle chooses a charity, asks for their wish list and then passes the list around to her family, friends and co-workers. In this year alone, she has collected donations for Out of the Cold, an orphanage in the Dominican Republic, My Best Friend's Closet, Hand in Hand, Phoenix House and Family SOS. She also finds time to volunteer at the St. George's Soup Kitchen on a weekly basis and donated clothing and toys this past holiday season. She even gave away the boots off her feet.

**Why did you start volunteering?** "My mom would knit mitts if she had the extra yarn — which wasn't very often — for our equally poor neighbours. She taught me to remember what we came from, and I hope that I never lose that."

**What do you like about volunteering at the soup kitchen?** "I get first-hand access to helping people, which is wicked because they tell me what they need. They'll say, 'I need boots or shoes, I need a raincoat or I need a place to live.' It's a first-hand connection."

**What inspires you to keep going?** "I could do this forever. I don't want to be the person that *used* to do nice things — I want to be the person who's going to go out and do them no matter what life brings."

**What advice would you give to people who want to follow your example?** "If you keep it simple, it'll grow. Lots of littles make a big."

CRAIG AND MARC KIELBURGER

Volunteer Michelle Gabrielle has a special talent for making wishes come true. CONTRIBUTED

**Persistence**

**"I could do this forever. I don't want to be the person that *used* to do nice things."**

Michelle Gabrielle, Halifax-area do-gooder, on what keeps her going

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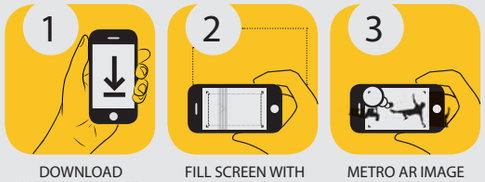


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**MetroTube**

## Plants have 'feelings' too

ANDREW FIFIELD
andrew.fifield@metronews.ca

**From the We Guess Nothing Likes To Be Eaten file, researchers at the University of Missouri have determined that some plants can hear when animals are munching on them and will go on the defensive.**

**The team has released a video report on how they came to figure out the defensive techniques of flora, so you, too, can get intimate with the terrifying sound of a hungry caterpillar.**
**(MU News Bureau/Vimeo)**

SCREENGRAB

metro
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SCENE

**Ebooks**

## Atlas Shrugged in an Amplified Edition

**By.** Ayn Rand

**iPad**

**MIND THE APP**
Kris Abel
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Beautifully presented, this enhanced study guide edition of Rand's industrial thriller expands on its underlying philosophy with notes, quotations, videos, interviews, a biography, and a timeline. It's helpful in understanding the book's theories on capitalism and altruism, but neglects to explore its colourful characters and captivating battles. Whether you buy into Rand's beliefs or not, it's still an entertaining novel.

**Apes franchise**

## Monkey business boosts box office

Dawn of the Planet of the Apes thumped its chest with a $73 million opening weekend. According to studio estimates Sunday, Fox's Planet of the Apes sequel rode excellent reviews and high anticipation to become one of the summer's best debuts. The big opening helped give the summer box office a shot in the arm, but it wasn't enough to stop an overall downward trend. The weekend's box office was down nearly 24 per cent from the corresponding weekend last year.

THE CANADIAN PRESS

# Better Call Saul shows world before Walter White

**Spinoff prequel.** Bob Odenkirk plays slippery lawyer Saul Goodman

Vince Gilligan is feeling the weight of expectations. How do you follow a monster hit like Breaking Bad?

The spinoff show Better Call Saul is a prequel to the Emmy-Award winning series and stars Bob Odenkirk, who plays everyone's favourite greasy lawyer Saul Goodman. Asked whether revisiting the same world he created posed new challenges, Gilligan acknowledged it was daunting.

"It's always daunting," he said, adding that it would also be a challenge if it were a completely new show and a whole new universe.

"The chips will fall where they may," he said. "But anything worth doing is worth taking the risk of abject humiliating failure over."

Gilligan was speaking at a television critics conference in Los Angeles to promote the upcoming fall season.

Gilligan said he wanted to do a prequel because he was still intrigued by the slippery Saul character. He said other beloved characters, such as meth distributor Gus Fring (played by Giancarlo Esposito) could be back as well.

"We're figuring out just how, if and when to perhaps see some of these characters," says Gilligan.

Meanwhile, the prequel will be set in 2002, before Saul meets Walter White, who is played by Bryan Cranston.

Bob Odenkirk as Saul Goodman in Better Call Saul. CONTRIBUTED

"We never completely nailed down when Breaking Bad took place," says Gilligan. "We tried hard on Breaking Bad if you noticed, not to be too specific as to when it was, but now we have to kind of be a little more specific than sometimes we're comfortable with. But I think we're about in the year 2002."

Michael McKean (This is Spinal Tap) joins the cast along with Michael Mando (Orphan Black) and Jonathan Banks from Breaking Bad as the fixer Mike Erhmantraut.

Like Breaking Bad, the show is shot in Albuquerque, N.M. The first episode was directed by Gilligan.

TORSTAR NEWS SERVICE

**AUGMENTED REALITY**

→ What can fans expect from Better Call Saul? Scan this photo with your Metro News app to hear what Vince Gilligan has to say.

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→ See the full instructions on Metro's Voices page.

**Coming in 2015**

The show was originally slotted for November, but has now been delayed until 2015 for the 10-episode first season.

- The reason? Gilligan told television critics he is "slow-as-mud as a TV writer. I always have been."
- Thankfully, AMC and Sony allowed Gilligan to write Better Call Saul at a "stately" pace.
- "We want to think everything through and I think that pays dividends," says Gilligan.

Garth Brooks is making his music available for digital download through his own website but still refuses to use iTunes. THE ASSOCIATED PRESS

# Garth Brooks. Singer finally embraces digital age

Garth Brooks is finally embracing digital music, but he's doing it his own way.

Brooks, one of the last holdout big-name musicians still refusing to put his music on iTunes, said Thursday he will make his back catalogue of hits and his new music available for download, but only through his own website. He said the digital downloads of previous music would be available in a few weeks to tide fans over until a new album comes out later this year.

The 52-year-old country star remains one of music's top-selling artists, with 134 million albums sold, according to the Recording Industry Association of America. He has said in the past that he had no animosity toward Apple, but disagreed with its approach to selling music since iTunes was launched in 2001.

Other performers who refused to join iTunes but later reached deals include AC/DC, Radiohead and Led Zeppelin.

"So, we'll be doing our digital the best way we can, the only way we know how, because we are the only ones who kind of play our own way," Brooks said at a press conference in Nashville.

He also announced a new deal with the Sony Music label, which will put out an album of his first new music since 2001. Brooks said it would likely be issued some time around Black Friday (the Friday after U.S. Thanksgiving).

The first city on his tour will be announced on July 15, according to Sony.

THE ASSOCIATED PRESS

Television

## Seinfeld came to be out of a talk about nothing

The Seinfeld 25-year anniversary retrospectives keep coming with Larry David sitting down to chat with Rolling Stone magazine.

Interestingly, he recalls that the idea for the show about nothing originated from bantering with Jerry Seinfeld in a supermarket.

"We were in a grocery store and talking about the different products on the shelves. And we were making each other laugh. Then we both realized that this is the kind of dialogue we never really heard on television, or even movies, for that matter. So that was sort of the basis — that was just the way we communicated and the things that we talked about."

THE CANADIAN PRESS

Larry David
THE CANADIAN PRESS

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Film

## Redford to play Rather in Truth

Robert Redford will play Dan Rather in a film about the former CBS anchor's disputed report about President George W. Bush's National Guard service.

The film, titled Truth, will be adapted from the memoir Truth And Duty: The Press, The President, And The Privilege Of Power by former CBS producer Mary Mapes, said the production company, Mythology Entertainment. Cate Blanchett is signed on to play Mapes.

The movie will chronicle the scandal that erupted after Rather's 2004 report for 60 Minutes II, produced by Mapes. The story cited documents as proof of preferential treatment for Bush during the Vietnam War that were not authenticated by CBS. Mapes was fired, and Rather departed the CBS Evening News months later. THE ASSOCIATED PRESS

Robert Redford.
THE ASSOCIATED PRESS

Lawsuit

Tracy Morgan
THE ASSOCIATED PRESS

## Morgan out of hospital, sues Wal-Mart

Former Saturday Night Live star Tracy Morgan has been released from a rehabilitation facility as he heals from serious injuries he suffered in a car crash that left a fellow comedian dead, his spokesman said Saturday.

The former 30 Rock star suffered a broken leg and broken ribs when the limousine van he was riding in was hit from behind June 7 by a Wal-Mart truck on the New Jersey Turnpike. The wreck killed 62-year-old comedian James McNair, who went by the name Jimmy Mack. On Thursday, lawyers for Morgan filed a lawsuit against Wal-Mart, claiming the retailer was negligent when a driver of one of its tractor-trailers rammed into Morgan's limousine van.

THE ASSOCIATED PRESS

# Orphan Black. Sci-fi show gets Emmy snub yet again

There are no Emmy nominations for sci-fi critical darling Orphan Black once again this year, but the show's cast and crew can take solace in the online outrage that followed the snub.

New York magazine's Vulture blog tries to explain why star Tatiana Maslany was passed over yet again and notes that Emmy voters traditionally don't give the time of day to sci-fi fare, favouring big, hyped dramas.

"Maslany may be a superstar shape-shifter in your heart, but picking up votes in the drama categories is notoriously difficult unless you're on a prestige show, or in the case of Scandal's Kerry Washington, the hottest show on television," says Vulture. "Maslany has online buzz by the boatload, and famous outspoken champions like Damon Lindelof and Patton Oswalt, but none of that adds up to actual star power.

"But take heart, Orphan Black fans. Tatiana Maslany is in good company: Emmy voters ignored Buffy the Vampire Slayer's Sarah Michelle Gellar for years."

The magazine calling Maslany's character Helena "TV's best female monster yet."

Orphan Black lulls the viewer into thinking Helena is just a mishmash of horror villain tropes before revealing something much deeper, argues the magazine.

"In Orphan Black, the victim becomes the monster becomes the victim again with bewildering and humorous ease. Just when you think you've settled, the camera cocks its head, says 'Don't be a baby,' and refuses to let things be so simple. The camera confounds our relationship to Helena by seesawing the horror script, and in doing so, makes us rethink what a female monster can be. You're forced to shift your sympathies on a shot-by-shot basis."

THE CANADIAN PRESS

Tatiana Maslany has plenty of online buzz, but that hasn't seemed to sway Emmy voters. THE CANADIAN PRESS

Noel Clarke

## Noel Clarke shoots for the stars

Former Doctor Who co-star Noel Clarke has his sights set on the Star Wars franchise next, and personally he likes his odds of landing a role, according to the Belfast Telegraph. "I know that they've got three main films happening over the next five or six years, and they have one spinoff film in between each one, so I've got five chances to get in one — that's all I'm concerned about," says Clarke, who worked with new Star Wars director J.J. Abrams on Star Trek Into Darkness previously. "I want to be in one at some point, and so if I can do that, I'll be happy. I'll be a granddad by that time, but if I can get in one, I'll be chuffed."

## Orange fans seeing red over satire site's faux report

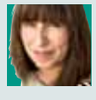
Don't worry, Orange is the New Black fans: Your favourite show about women in prison hasn't actually been cancelled. A site that's apparently supposed to specialize in satire called Empire News posted a story over the weekend that Netflix had cancelled the Emmy-nominated series, which is currently filming its third season. Naturally, fans online freaked out, because that's what going online is for. I guess everyone was supposed to know it was a hoax because of this patently ridiculous quote at the end of the article attributed to Netflix CEO Reed Hastings: "A woman's place is in the home, in the kitchen, taking care of children. A woman in jail? How does anyone watch this show in the first place?" That's ... just not good, even as satire. Hey, Empire News? You're doing it wrong.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Katie Holmes is a lover of literature*



STARGAZING
Malene Arpe
scene@metronews.ca

**Nick Cannon may be playing Richard Pryor in an upcoming biopic.** That's an excellent choice. It will make a great double-bill with Ryan Seacrest's expected gritty turn as Lenny Bruce.

**BBC publishes a public plea for people not to share the contents and secrets of five Doctor Who scripts leaked to the web.** That was the well-considered thing to do, because without that plea I wouldn't have known to go look for those scripts.

**Katie Holmes says that the favourite books of her childhood were J.D. Salinger's Franny and Zooey and The Catcher in the Rye and Somerset Maugham's Of Human Bondage as well as all Maya Angelou's work.** However, when she turned eight, she put aside childish things and spent a day or two reading Ulysses.

**This week in cats** 1) Andrew Lloyd Webber is reviving Cats again, this time with Rum Tum Tugger as a "rapping street cat." 2) Ke$ha says "I've always wanted to have a cult; I think I could be a pretty good cult leader, basically. I'm sorry, I do. So I'm going to start a cult and people can be in it if they like to be cats or play with cats or play with cat toys." 3) Katy Perry's new perfume ad features her as an avenging warrior spritzing an evil emperor with her new fragrance, Killer Queen's Royal Revolution, until he turns into a kitten.

**Zac Efron and Michelle Rodriguez are photographed making out and Joe Manganiello and Sofia Vergara are dating.** Finally, finally something goes right for attractive people.

Sharon Stone

## No butts about it, Sharon Stone is one feisty lady

Sharon Stone is a national treasure, if for no other reason than how she talks about her butt. The stunning 56-year-old recently told E! News that even though she's in great shape, going on vacation has her feeling nervous about her body. "I haven't worked out in a couple of months because I just didn't feel like it. But now I'm going on vacation and I know what they're going to do. (The tabloids) are going to put a circle around my ass and do one of those crazy magnified pictures saying, 'What happened to her ass? It's a bag of cheese,'" she laments. "I would just like to say it's a fine triple crème brie! Right when they zoom in I should have a tattoo on my ass that says, 'You wish you could get a bite of this.'"

**Twitter**

**@MarlonWayans**
Truth be told I'd rather work than party.

**@katyperry**
I love pita chips!

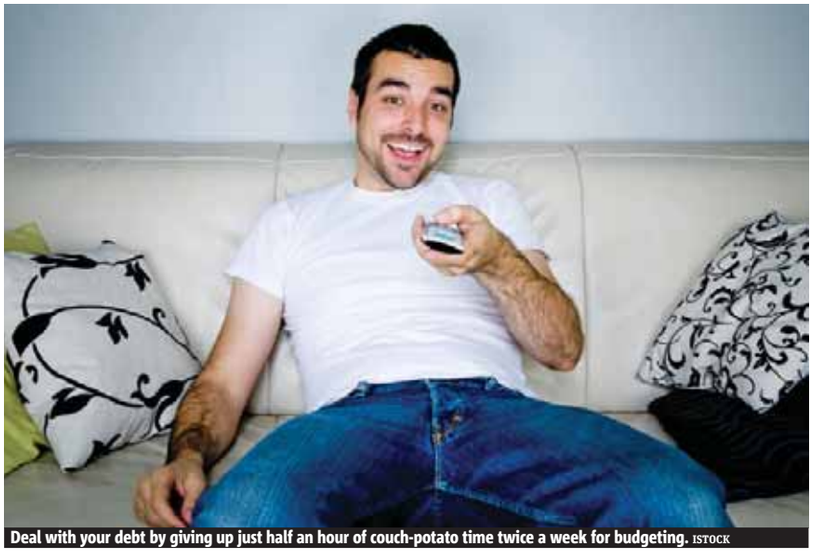
**@mindykaling**
If my body looked that good I would not be that embarrassed of my sex tape

LIFE 3

# Poor excuses for staying in debt

**Bad with money?**
There are no good reasons for not getting yourself out of debt

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Deal with your debt by giving up just half an hour of couch-potato time twice a week for budgeting. ISTOCK

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that their money management is in the crapper. Here are some of my faves:

**We got a consolidation loan and paid off our credit cards, so we're doing better.**
Really, you paid off your debt with other debt? That's not paid off, my little chickadee — that's delusional.

Consolidation makes sense when you reduce your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've reduced your payments so you have more money to spend on rubbish, I want to reach out and slap you.

Consolidating using a mortgage is one of the more time-honoured ways of making debt more expensive over the long term. Lots of people consolidate using the equity in their homes. Then they pretend that everything is OK, because now it's "mortgage debt" and that's good debt, isn't it? Hey, tell the truth. It's still consumer credit; it's just been shuffled to somewhere you don't have to look at it. And believe me, it's costing you.

I worked with one couple who re-mortgaged their home three times to cover their uncontrolled overspending. Over the life of their mortgage, they had increased their interest costs from about $150,000 to almost $600,000.

**Sure it's a lot of debt, but hey, everybody's in debt, so what's the big deal?**
And if everyone were running screaming off the side of a cliff, you'd do that, too, right?

There's no question that debt has become so commonplace that it seems like everyone's in it. And if you grew up in a family that had it all, including the debt, you may think this is "normal." I worked with one couple that was so comfortable with their debt that they had never made a mortgage payment from cash flow. Every single mortgage payment had come from their line of credit.

If debt seems like a normal state of being for you, it means you have to change your thinking. Debt is not normal for someone who is financially healthy. You can make the choice to remain delusional, or you can choose financial stability. The old way may be more fun, at least in the short term, but the new way will keep you and your family safe and sound.

**I don't have time to budget.**
Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed?

On average we spend about three hours every day watching TV. So you only need to reallocate a measly half-hour twice a week to money management to go from being a financial slug to smart about your money.

Close in hand with this goes, "You have to have money to make a budget work." One young lady wrote me to say that her parents had recommended she use a budget and her response was, "You have to have money to make a budget work, right Gail?" Believe it or not, she was asking *me* to tell her a budget was pointless. Really?

Sadly, people don't think that all that dough they bring in that goes to paying the rent or buying food is "money." For them, only the stuff they can spend indulging their whims is "money." And so they don't make a budget and look for ways to trim. Or perhaps it is because if they made a budget, they would discover just how much money they were blowing every month on stuff, and would have to change their behaviour. Lord forbid!

**My partner is the problem.**
I've met couples where one person is the major culprit in acquiring debt. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt whole. They shrug and claim to have no ability to change their partner's behaviour. Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security for them?

For as many couples that I've met where one partner claims the other is the problem, I've met couples where they are both, in their own inimitable way, doing dumb things. One husband claimed his wife was the problem because she went shopping every day at work during lunch, bringing home items that she'd hide from him. He saw nothing wrong with dropping $10K on a new motorbike. That's a lot of skirts, dude!

If you're still making excuses about why you're *in* debt, maybe it's because you're not yet committed to getting *out* of debt. Some people aren't. They haven't heard the whistle blow that tells them the train is headed straight for 'em.

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.**

# Here's to not drinking to your health

Giving up even casual drinking could literally do your heart good. ISTOCK

A glass or two of booze is good for your heart, according to long-standing medical advice drinkers are fond of citing.

But, according to a study published last week, this cherished invitation to say "cheers" is well off the mark.

Reducing even light consumption of alcohol will not only improve your chances against coronary heart disease, but also help you lose weight and ease high blood pressure, it said.

Writing in the British Medical Journal, researchers carried out a survey of 50 published studies into the drinking habits and health of more than 260,000 people of European descent.

**New study**

**"Even if you're a light drinker, reducing your alcohol consumption could be beneficial for your heart."**
Juan Casas, the professor who led the study

They looked especially at those with a key variant of a gene called ADH1B. Previous research has found that a single change in the DNA code in this gene makes people less sensitive to drink, and thus less at risk from alcoholism.

The study discovered that individuals with the variant drank 17 per cent fewer units of alcohol per week and were 78 per cent less likely to binge-drink than those without it.

They also had a 10 per cent lower risk of coronary heart disease and enjoyed lower systolic blood pressure and body mass index (BMI).

Independent commentators said the study is interesting, not least because it challenges what is now almost dogma. But, they cautioned, the debate is far from over. AFP

'Round the world wisdom

# Facing adversity? Why we quit

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.**

Every day, someone we know quits their job, quits on their health, quits a marriage, or quits on themselves. It is an epidemic. In my experience of multi-day desert running events, while 20 to 40 per cent of athletes do not finish, once athletes pass their "hump days" they almost never quit. But when is hump day? In many ways, be it in a race or in life, *when* hump day occurs is arbitrary; we decide when it is. However, the quitting pattern is obvious.

Our "quitting quotient" — the likelihood we will give up on or abandon a project — is determined mainly by our mental relationship with what lies ahead. If the task feels insurmountable, our level of fighting spirit and motivation sinks. "I can't do another day — the worst has yet to come" are words I heard many times in the desert. Yet, at the same time, I heard just the opposite from other runners in the same situation: "I've passed hump day — the worst is behind me." The motivation levels of this second group of runners soared. Statistically, in a five-day desert race, where athletes run a marathon on each of the first four days and a double marathon on the fifth, most of the quitting occurs after days one and two, rarely after day three, and never after day four — although the next day is the most physically punishing. By then, quitting is no longer an option as we see "light at the end of the tunnel."

Sometimes you hit your "quitting quotient" earlier than expected. ISTOCK

Of course, life hands us many things that we are better off quitting if we perceive better and healthier opportunities elsewhere.

What the lesson is for all of us, however, when grinding through a rough patch in life or in the desert, is to adopt an "I will do this" mindset as opposed to hoping to get passed the elusive hump day.

**STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.**

# A job hunting guide for grads

LAKSHMI GANDHI
life@metronews.ca

Now that graduation has come and gone, it's time for the Class of 2014 to jump-start the job search. It can be hard for new grads to figure out how best to sell themselves when their work experiences consist of part-time positions and internships. Caroline Ghosn is here to help. As the founder and CEO of Levo, an organization that mentors young women entering the workforce, she's often asked for tips and advice. Here are her suggestions for recent grads.

Grab those resumés and get out there. ISTOCK

**Show your resumé over and over again**

"The biggest mistake new grads make is that they don't get a second set of eyes to look at their resumé," says Ghosn. She suggests finding three or four trusted friends or colleagues to review your resumé and make suggestions. "That sounds like a lot," Ghosn admits, "but your resumé is only going to change for the better. You look at your resumé over and over, and you start to miss things. The third or fourth editor will really help you tighten it up."

**Tell a story**

Don't worry if you think your resumé is a little light on experience. "It's all about how to tell the story and making the story about your transferable skills," says Ghosn. "You have to figure out how you can connect the dots. Let's say you were the social chair of a student organization or a fraternity or sorority. Your skills would be managing timelines, budgets and logistics." And don't discount retail or food services positions. "I've never learned more about stakeholder management than when I was a waitress," Ghosn notes. "You learn how to approach people who want you to fix their problems immediately."

**Be passionate**

Don't worry if you appear a bit nervous at your first few interviews. "What interviewers are looking for is not someone that is stoic and cool as a cucumber," says Ghosn. "Interviewers are looking for passion, not perfection."

**An interview wardrobe must-have**

Ghosn says every new grad should have a good blazer in the closet to complete an appropriate business look. "It makes a casual outfit instantly more professional," she says.

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**Project Duration**
July 21st - July 28th, 2014
**Job Vacancies** 50
**Shifts:**
**DAY** 7AM - 7PM **NIGHT** 7PM - 7AM
**PREMIUM RATE PAID**
**Benefits:**
**Accomodation**
(if you reside out of North Vancouver area)
**Meals Provided**
(During Shifts)
**Completion Bonus**
(if all 7days of 12 HR shift is completed)

**Requirements:**
Looking for **Dependable** & **Hard** working professionals who can commit to: **7 to 8 Straight days** (Monday - Monday) of **12 HR shifts** *See below for either **Days** or **Nights**.
**APPLICATION** REQUIREMENTS:
Send your Letter of intent/ interest and point form resume (outlining your previous experience transferrable skills) and preferred shifts (DAY or NIGHT)
**Via Careers@lmsgroup.ca** OR **Fax: 604.572.6139**
**Quote: "SILO-July2014" in subject line.** We thank all applicants for their interest, however only those who clearly outline the application requirements above will be contacted toward future screening.

**acne clinical study**

**Do you or your child suffer from moderate acne?**
We are currently seeking participants for a research study testing an investigational topical medication for acne.

Qualified participants must:
- be 12 years or older
- have between 20 and 50 red irritated pimples and 30 to 100 whiteheads or blackheads on their face

Qualified participants will receive at no cost:
- Study-related care
- Investigational topical medication

Compensation may be provided for time and travel.

Call **780-424-4440** to speak to a study nurse or log onto **www.youthfulimage.com**

# Ginger-hoisin dressing, Napa cabbage and steak create Asian-influenced dish

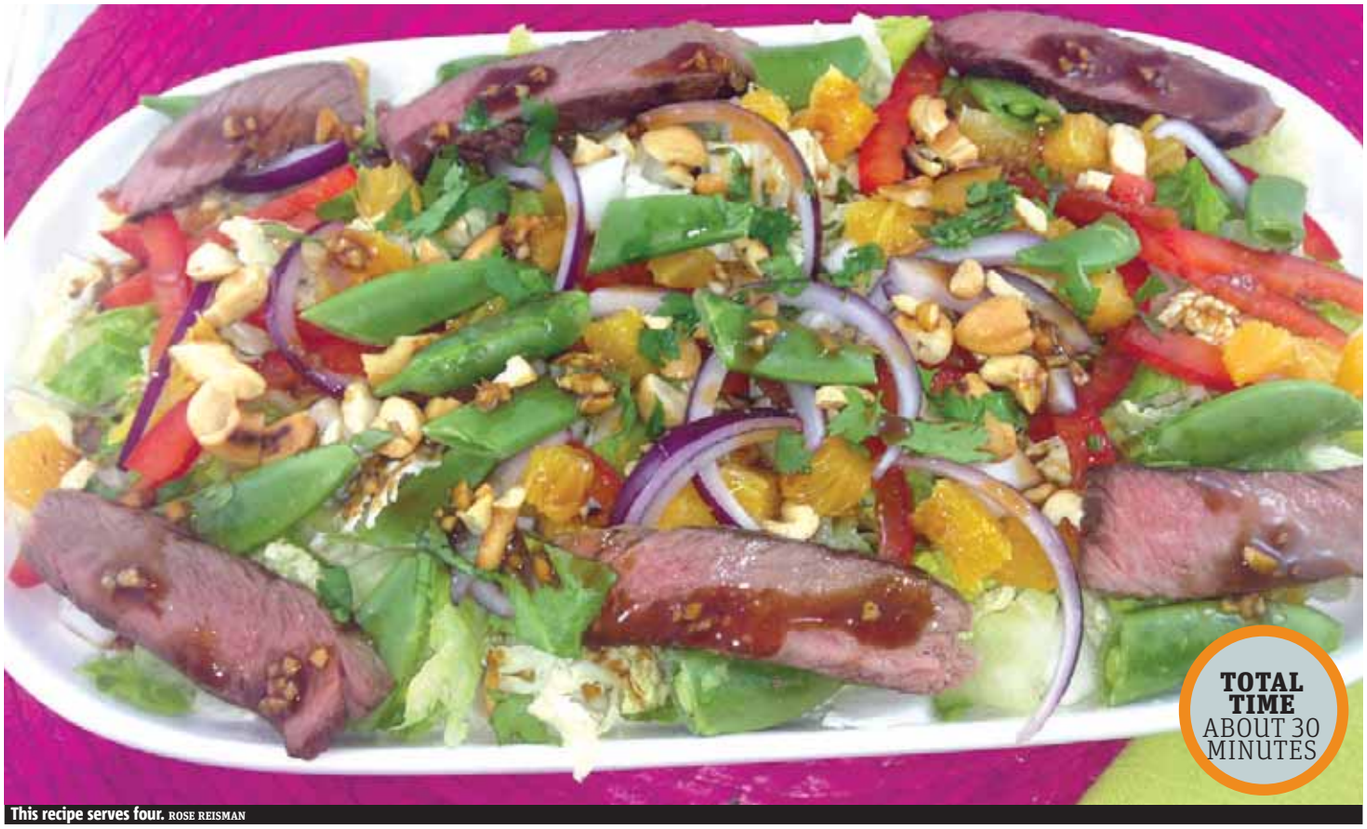
**Salad Spotlight.** Who wants to eat a heavy meal during the summer? This week, Metro lightens it up with great options like this Thai Beef Salad

**ROSE REISMAN**
For more, visit rosereisman.com or follow her on twitter @rosereisman

## FLASH FOOD

From your fridge to your table in 30 minutes or less

Here's a great way to have your steak and eat it, too!




This recipe serves four. ROSE REISMAN

### Ingredients

- 4 oz New York strip steak
- 3 cups chopped napa cabbage
- 3 cups chopped romaine lettuce
- 1 cup sliced red bell peppers
- 1 cup sugar snap peas, cut in half
- 3/4 cup diced orange segments
- 1/3 cup sliced red onion
- 3 tbsp chopped cilantro
- 3 tbsp chopped toasted cashews

**Dressing**

- 2 tbsp hoisin sauce
- 1 tbsp fresh lemon juice
- 2 tbsp low-sodium soy sauce
- 1 1/2 tsp minced garlic
- 1 tsp chopped ginger
- 1 1/2 tsp honey
- 1/2 tsp hot sauce

Lean meat is an excellent source of protein and is low in fat and saturated fat. The key to eating red meat is to enjoy it as a side to a meal rather than the main course.

The leanest meats include top sirloin, flank, New York sirloin and beef tenderloin.

You want to minimize the fatty steaks including rib-eye, porterhouse and skirt steak.

This Asian-flavored salad combines Napa cabbage and romaine, along with sweet orange segments, sugar snap peas and toasted cashews.

The tasty light dressing has a base of a ginger-hoisin sauce that complements the salad beautifully.

If your guests love steak, you can easily double the portion since two ounces is acceptable in terms of calories and fat. Feel free to substitute grilled chicken breast, pork, shrimps or tofu for the beef.

### Directions

**1.** Grill the steak just until cooked to your preference. Cool for 10 minutes, then slice thinly.

**2.** On a large serving platter, add the cabbage, lettuce, bell peppers, peas, orange segments, onion, cilantro, cashews and steak slices.

**3.** To make the dressing: Combine the hoisin, lemon juice, soy sauce, garlic, ginger, honey and hot sauce and pour over top.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

### Nutritional information

**Per serving:** 210 calories; 27. 1 carbohydrates; 6.5 fibre; 11.6 g protein; 6.6 g total fat; 2.2 g saturated fat; 21 mg cholesterol; 433 mg sodium

# This isn't your granny's coleslaw

If you want a variation on typical coleslaw, this is an outstanding alternative.

Cabbage, mango and a light peanut dressing are perfect for any time of year.

Be sure to choose a ripe mango, which will be sweeter and more tender.

Light coconut milk saves you half the calories and two-thirds the fat compared to regular coconut milk.

### Ingredients

**Salad**

- 3 1/2 cups thinly sliced green cabbage
- 1/2 large ripe mango, thinly sliced
- 1/2 cup grated carrots
- 1/4 cup thinly sliced red onion
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced water chestnuts
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

**Dressing**

- 1/4 cup light coconut milk
- 2 tbsp almond or peanut butter
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 1 tsp honey
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp minced jalapeño peppers or Sriracha

**1.** To make the salad: Combine the cabbage, mango, carrots, onion, bell peppers, water chestnuts, sesame seeds and cilantro in a large serving bowl.

**2.** To make the dressing: In a small food processor, purée the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, honey, garlic, ginger and jalapeño until smooth. Pour over the salad.

ROSE REISMAN

This recipe serves six. ROSE REISMAN

4 SPORTS

Golf

## Rose takes the Scottish Open

Justin Rose won the Scottish Open by two shots after a final round 6-under 65 on Sunday, sealing back-to-back victories on either side of the Atlantic ahead of next week's British Open.

The 2013 U.S. Open champion turned the last day into a procession, rolling in six birdies and going bogey-free on a windless Royal Aberdeen links course that was there for the taking on a day of low scoring.

Unheralded Swede Kristoffer Broberg finished second on 14 under after a 66. That earned him one of the three qualifying places for the British Open at Hoylake, along with other top-10 finishers Tyrrell Hatton and Scott Jamieson.

THE ASSOCIATED PRESS

Swimming

## Agnel beats Phelps in the 100-metre freestyle

Michael Phelps was beaten by Yannick Agnel in the 100-metre freestyle at the Bulldog Grand Slam on Sunday.

Agnel, who won two gold medals for France at the 2012 London Olympics, won with a time of 49.37 to Phelps' 49.42.

Ryan Lochte won the 200 individual medley in 1:58.65, defeating Chase Kalisz (1:59.38).

Allison Schmitt, a six-time Olympic medallist who won three golds in London, won the women's 100 freestyle with a time of 54.64. Megan Romano was second in 54.93.

THE ASSOCIATED PRESS

# Germany reigns over Messi's World Cup

**Fourth title.** Tense final clinched on a majestic Mario Goetze volley in extra time

Germany's Mario Goetze volleys it into Argentina's net past goalkeeper Sergio Romero in extra time in the final of the World Cup at the Maracana Stadium in Rio de Janeiro, Brazil, Sunday. NATACHA PISARENKO/THE ASSOCIATED PRESS

With two quick and sublimely deft touches, Mario Goetze ended Germany's 24-year wait for another World Cup title.

Goetze scored the winning goal in extra time to give Germany a 1-0 victory over Argentina on Sunday in a tight and tense World Cup final that came down to a few moments of individual skill.

Goetze, who wasn't born when West Germany beat Argentina in the 1990 final, controlled a cross with his chest in the 113th minute and in one fluid motion volleyed the ball past goalkeeper Sergio Romero and inside the far post from five metres out.

It was a goal that gave Germany its fourth World Cup title in its eighth final and left Argentine star Lionel Messi still walking in the shadow of his compatriot Diego Maradona, who led his country to the 1986 title.

Goetze went on as a substitute for Miroslav Klose toward the end of regulation time and the 22-year-old midfielder's fresh legs made the difference.

Andre Schuerrle broke down the left flank, sending his cross into the area, and the Bayern Munich player did the rest with a clinical finish. The goal echoed that of Andres Iniesta's four years ago, when the midfielder scored in similar fashion but from the other side of the area to give Spain a 1-0 extra-time win over the Netherlands.

**AUGMENTED REALITY**

→ Scan the image with your Metro News app for more images from the World Cup's grand finale in Rio de Janeiro.

metro AR

→ See the full instructions on Metro's Voices page.

"It's incredible. The team did it beautifully," said Manuel Neuer, who was voted the tournament's best goalkeeper. "At some point we'll stop celebrating but we'll still wake up with a smile."

For Germany, the win ends a string of near misses since winning its last major title at the 1996 European Championship. The team lost the 2002 World Cup final to Brazil and lost in the semifinals in both 2006 and 2010.

Argentina had not been back in the final since that 1990 loss and has now been beaten by Germany in the last three World Cups.

"This was our chance, and we felt that way. We couldn't do it. We have to lift our head and suffer the pain," Argentina midfielder Javier Mascherano said. "Obviously, the pain is tremendous. We wanted the cup for Argentina."

It is Germany's first title as a unified nation, having won as West Germany in 1954, 1974 and 1990. It was also the third final between these countries and had been billed as a matchup between Germany's machine-like unit versus the brilliance of Messi, the four-time world player of the year. But in the biggest game of his career, Messi came up short.

THE ASSOCIATED PRESS

## The new Bosh. Heat to ink new leader to $118M deal after LeBron's departure

Chris Bosh is staying in Miami because of his family, and because he believes the Heat will still be competitive even without LeBron James.

Bosh made his comments Sunday in an interview with The Associated Press from Ghana, where he's been doing some work with NBA Africa in recent days while taking a break from a family vacation.

He'll soon be signing a five-year, $118-million contract.

THE ASSOCIATED PRESS

Heat forward Chris Bosh will stay in Miami despite the departure of LeBron James. ANDY LYONS/GETTY IMAGES

NBA

### Carmelo Anthony: 'I am a New York Knick at heart'

Carmelo Anthony wanted to be a Knick a few years ago, and nothing has changed now.

Anthony is staying in New York, announcing his decision Sunday in a posting titled "My City, My Heart" on his website.

"This organization has supported me and in return, I want to stay and build here with this city and my team," Anthony said.

The Knicks can pay the all-star forward nearly $130 million over five years, though Anthony said he would be open to taking less than the maximum salary if it would help build a winning team — and team president Phil Jackson said Sunday that Anthony did exactly that.

THE ASSOCIATED PRESS

## Ian Thorpe. Former Olympic swimmer comes out after years of denial

Five-time Olympic swimming gold medallist Ian Thorpe for the first time publicly confirmed that he is gay during a television interview on Sunday, ending years of speculation.

Thorpe, who had long denied that he was gay, told British talk-show host Michael Parkinson in an interview broadcast on Australia's Channel 10 that he just recently realized the truth about himself.

"I'm not straight," Thorpe said. "And this is only something that very recently — we're talking in the past two weeks — I've been comfortable telling the closest people around me exactly that."

THE ASSOCIATED PRESS

# Price makes Jays pay for poor play in Tampa Bay

Pitcher David Price of the Tampa Bay Rays smiles on the mound during the eighth inning of a game against the Toronto Blue Jays on Sunday at Tropicana Field in St. Petersburg, Fla. BRIAN BLANCO/GETTY IMAGES

**MLB.** Shorthanded Toronto musters only five hits in last game before all-star break

**On Sunday**

| Rays | Jays |
|---|---|
| 3 | 0 |

The Toronto Blue Jays have had enough of patched-up lineups, enough of David Price and enough of baseball for a while.

Price scattered five hits in eight-plus innings to help the Tampa Bay Rays hand the Blue Jays their eighth loss in 10 games, 3-0 Sunday in the teams' final game before the all-star break.

"It's an opportune time for us to push the rest button, for sure," Toronto starter R.A. Dickey said. "Everybody's inching back toward being healthy. This gives us four days."

Price (9-7), who won his fourth consecutive start, was pulled after giving up a leadoff single in the ninth to Melky Cabrera. Cabrera moved up on a wild pitch by reliever Jake McGee to become the first Toronto runner in scoring position after the first inning.

"Everybody in baseball needs a break," Blue Jays manager John Gibbons said. "Everybody's been battling it out, everybody's worn-out tired, and we definitely need one."

The Rays, who have won 11 of 15, got RBI singles from Logan Forsythe and Jose Molina. McGee got three outs for his seventh save.

Dickey (7-9) gave up two runs and five hits over six innings. Toronto has not won a road series against Tampa Bay since April 2007, a span of 22 sets.

"Please don't ask a question about the streak in Tampa," Gibbons pleaded.

Despite their recent struggles, the Blue Jays' 49 wins at the all-star break are their most since 2006. A win Sunday would have given them 50 victories before the break for the first time since 1992, but they are a team in need of a break.

"Everybody wants to pick up the slack, especially when you lose (Brett) Lawrie, (Adam) Lind and (Edwin) Encarnacion, all big cogs in the engine of our offence," Dickey said.

The Blue Jays expect to get some of their injured players back after the break.

"We can't worry about that," Gibbons said. "This is our team right now. You've just got to show up to play every day."

THE ASSOCIATED PRESS

**Time to reload**

"Hopefully when the second half rolls around, we'll be able to take a deep breath and whatever it is we have to offer individually, we'll bring that."

**Toronto pitcher R.A. Dickey,** on the Blue Jays' recent slump

Cash incentive on any instock Audi A6 TDi Diesel Cash deals only. Plus taxes OAC. See dealer for details. Offer ends July 31/14

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Resist the urge to make value judgments about others. We all have different fates and you cannot know what is right for someone else. The only behaviour you should be concerned with is your own.

### ♉ Taurus
**April 21 - May 21**
Act quickly if someone offers something you desire. It's OK to be cautious, but if you wait too long the opportunity could be offered to someone else.

### ♊ Gemini
**May 22 - June 21**
If you need to do something that is going to take a lot of physical energy, now is the time. Also, don't wait to be offered something you are in a position to take for yourself.

### ♋ Cancer
**June 22 - July 23**
You know that everything will turn out for the best but it may be hard to convince the logical side of your mind. The way to overcome fear is through faith.

### ♌ Leo
**July 24 - Aug. 23**
The more others say you should be disciplined, the more you will go out of your way to rebel. There is no logical reason you should follow the rules just because others say you must.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You may be apprehensive about the changes now taking place but if you go with the flow, nothing bad will happen.

### ♎ Libra
**Sept. 24 - Oct. 23**
You will be assertive and adventurous over the next 24 hours and that's good. Employers and other important people will be impressed by your can-do attitude.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Your imaginative powers will be strong today but that will only be good if you have a positive attitude. If you allow the unknown to scare you, over the next 24 hours you will be sent scurrying for cover.

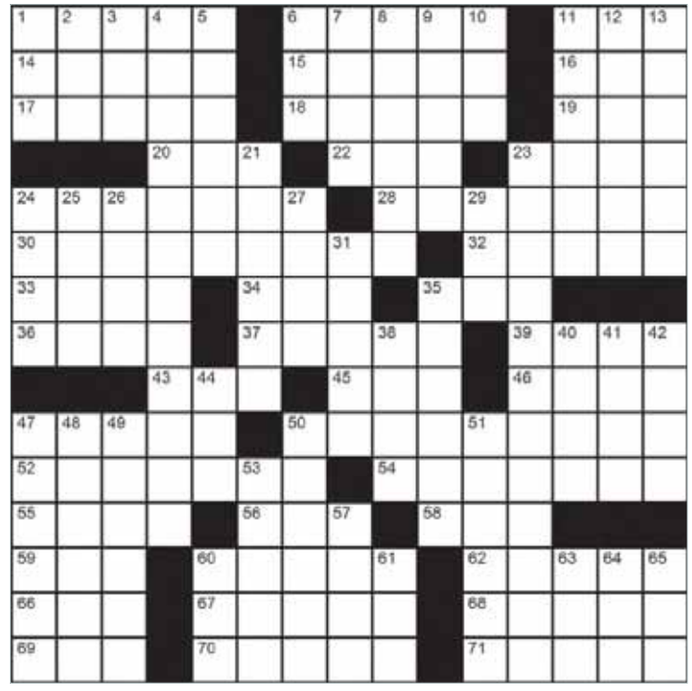
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
The planets encourage you to be inventive and if you are able to respond you will create something that will be praised.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Look for ways to turn new developments to your advantage. If you can do that, this should be an amazingly productive time for you.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You don't usually let your passions get the better of you but they will today. You won't care what others think about what you do or say. That is, you won't care today. Tomorrow you may be embarrassed!

### ♓ Pisces
**Feb. 20 - March 20**
If you respect others they will respect you. If you say or do things that others find offensive you can expect backlash.

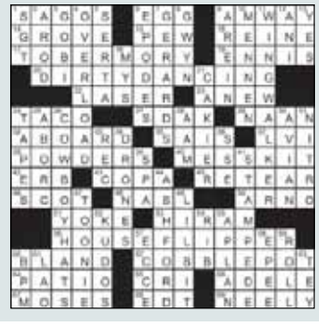
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. Heroic poems
6. "It just doesn't __ __..." (Detective's observation)
11. Blue Bombers, on scoreboards
14. Circus card
15. Canada's Environment Minister, Ms. Aglukkaq
16. ISP, e.g.
17. Dare Maple Leaf __ Cookies
18. Boris __, Montreal-born conductor
19. Wheat: French
20. Chosen __
22. Nero's 1501
23. British band, __ Shaker
24. __ paint
28. Canadian jazz group, __ Au Quartet
30. Ontario... Starring role in current Shaw Festival play The Philadelphia Story: 2 wds.
32. __ __ Own Write (John Lennon book)
33. Mr. Young
34. "Sprechen __ Deutsch?"
35. Li'l diagram
36. 'Wine'-meaning prefix
37. Basketball great Shaquille
39. Chunk
43. Container
45. Litigate
46. Actress Diane
47. Heinz Canada brand, __-Getti
50. Egg-free mayo brand
52. Quandary
54. On-the-wall lights
55. Podium
56. Eyeball
58. Said a li'l 'hello' like Rocky
59. '_' __ for London
60. Perform off-the-cuff
62. Jennifer or Meg
66. Tee-predecessor
67. Labatt-like
68. Playing cards guy
69. Date
70. __ River, Nunavut
71. Writer Ms. Christie, to pals

### Down
1. And so on [abbr.]
2. Golf standard
3. U2's home, for short
4. What people often change into after work: 2 wds.
5. __-eyed gaze
6. Religious robe
7. Skin-care products suffix
8. Thingamabob
9. Johnny Mathis hit bit: "..__ the twelfth of never..."
10. Ms. Benatar
11. Labrador City's twin town
12. Hoi __ (Common people)
13. Gradually gathers
21. Volleyball Tom Hanks befriends in "Cast Away" (2000)
23. __ __ Historical Settlement (Where the 1800s are recreated in New Brunswick)
24. __ time (Never): 2 wds.
25. First Nation of Manitoba
26. Umbrella reason
27. Quarter, for one
29. Gladiator's 52
31. Della of "Touched by an Angel"
35. Fabric softener brand
38. Jul.'s followers
40. Secular
41. L'__ aux Meadows
42. Wax workers?
44. Beatles: "_ __ the Walrus"
47. Muddles
48. Arbitrate
49. Crinkly fabric
50. Group of Seven member, Frederick __ (b.1881 - d.1969)
51. __ Sound, BC
53. Example
57. Chirping creature
60. "When Smokey Sings" band
61. TTFN
63. Jet __ (Traveller's woe)
64. Gladiator's 56
65. "__-haw!"

## Friday's Crossword



## Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 5 | | | | 2 | | | |
| | | | 6 | | | | 7 | 5 |
| 1 | | 3 | 4 | 5 | | | | 9 |
| | 4 | | 2 | 9 | | | | |
| | | | | | | | | |
| | | | | 1 | 4 | | 2 | |
| 2 | | | | 7 | 5 | 4 | | 6 |
| 7 | 3 | | | | 9 | | | |
| | | | 8 | | | | 1 | 3 |

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 5 | 8 | 7 | 6 | 9 | 3 | 4 | 2 |
| 3 | 4 | 6 | 2 | 1 | 5 | 8 | 7 | 9 |
| 2 | 9 | 7 | 4 | 8 | 3 | 5 | 6 | 1 |
| 8 | 1 | 2 | 9 | 4 | 6 | 7 | 5 | 3 |
| 5 | 6 | 3 | 8 | 7 | 2 | 9 | 1 | 4 |
| 4 | 7 | 9 | 5 | 3 | 1 | 2 | 8 | 6 |
| 9 | 2 | 4 | 6 | 5 | 7 | 1 | 3 | 8 |
| 7 | 8 | 1 | 3 | 9 | 4 | 6 | 2 | 5 |
| 6 | 3 | 5 | 1 | 2 | 8 | 4 | 9 | 7 |

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#9333

## ALL NEW 2014 JEEP CHEROKEE

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$24,998 or $138 b/w

#0065

## ALL NEW 2014 JEEP GRAND CHEROKEE DIESEL

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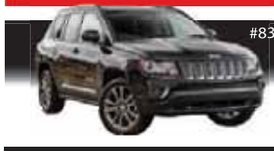

#8383

### NEW 2014 JEEP COMPASS
Reg: $21,189 Discount: $4,199
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#9044

### NEW 2014 RAM 1500 HEMI
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#8797

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#9650

### NEW DODGE RAM 2500 4X4 CREW LIMITED
Reg: $71,079 Discount: $19,089
CLEAROUT: $51,990
OWN ME $304 B/W

#2291

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Reg: $28,634 Discount: $5,644
CLEAROUT: $22,990
OWN ME $134 B/W

#3319

### NEW 2014 RAM 3500 CREW LARAMIE CUMMINS 4X4
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#5726

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### NEW 2014 RAM 3500 CREW 4X4 DUALLY SXT
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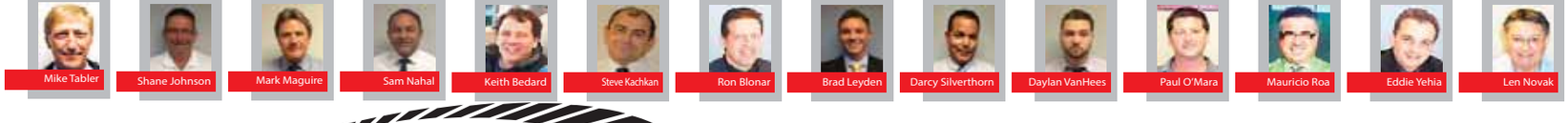


# SHERWOOD DODGE
CHRYSLER JEEP RAM MOPAR

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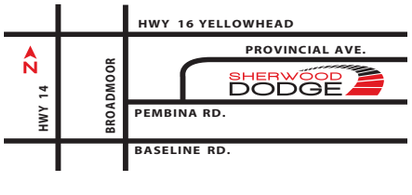


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